

# April 23' Breakfast

## Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish
1% Milk	8 oz	110	12 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X				
Apple Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg									
Biscuits & Gravy	1/2 c & 1 biscuit	255	22 g	12 g	13.98 g	5.12 g	46 mg	389 mg	1 g	n/a	464	1.01	263 mg	1.35 mg	X	X	X		X				
Blueberry Breakfast Bark	1/2 cup	253	50	7	3	0.9	4	111	2	n/a	7	1	6	0.6					X				
Blueberry Loaf	1 each	260	33 g	5 g	13 g	3.5 g	55 mg	240 mg	2 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X				
Breakfast Banana Split Yogurt Parfait	1 each	288	49 g	6 g	2.78 g	0.36 g	1 mg	113 mg	2 g	n/a	125	15.72	289 mg	1.07 mg	X				X				
Breakfast Bowl	1 serving	352	30 g	20 g	17 g	5.59 g	250 mg	781 mg	3 g	n/a	293	8.75	186 mg	0.79 mg	X	X	X		X				
Breakfast Burrito	1 each	255	30 g	15 g	7.86 g	3.15 g	92 mg	658 mg	5 g	n/a	248	9.54	131 mg	1.04 mg	X	X	X		X				
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	X	X	X		X				
Brekkie	1 each	350	52 g	6 g	15 g	8 g	30 mg	270 mg	4 g	n/a	200	0	20 mg	1.8 mg	X	X	X		X				
Cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X				
Chocolate Chip Muffin	1 muffin	180	28 g	3 g	7 g	1.5 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X		X						
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X								
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X				
Coffee Cake	1 slice	290	53 g	4 g	7.62 g	1.88 g	20 mg	249 mg	2 g	n/a	129	10.91	63 mg	0.97 mg	X	X	X		X				
Cream Cheese Frosted Long John	1 each	301	35 g	6 g	15.55 g	7.45 g	3 mg	345 mg	2 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X	X	X		X				
Fruit Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg									
Fruit Selection	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg									
Fun with D&J Crackers	1 package	120	22	2	4	0	0	65	2	6	0	0	4	1	X	X			X				
Grape Juice	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg									
Long John, DIY	1 each	240	26 g	6 g	13 g	6 g	0 mg	310 mg	2 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X				
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	X	X		X				
Mini-Cinnis	1 package	240	39 g	5 g	7 g	1.5 g	0 mg	270 mg	2 g	n/a	0	0	40 mg	1.44 mg	X		X		X				
Orange Juice	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg									
Sausage Patty	1 each	180	1 g	6 g	17 g	6 g	30 mg	280 mg	0 g	n/a	0	0	0 mg	0.36 mg									
Strawberry Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 mg	X		X		X				